The Monarch

Volume 8, Number 4 | Saint Leo College, Saint Leo Florida | October 30, 1981

Marie Forgette Crowned 1981-82 Homecoming Queen

1981 ALUMNI HOMECOMING QUEEN at Saint Leo College, Marie C. Forgette, accepts her crown and roses from William D. Jeffaries '75, Homecoming Chairman [left], and poses with her mother, Mrs. Marjorie Rafftery [far left] and step-father John Rafftery [right].

MARIE C. FORGETTE, daughter of Mr. Arthur J. Forgette and Mrs. Marjorie M. Rafftery of St. Petersburg, Fl., was crowned "1981 Alumni Homecoming Queen" during halftime at the ceremonies at Saturday's soccer game between the Saint Leo Monarchs and Oglethorph which ended in a score of 3-2 in favor of Saint Leo.

Forgette is a senior at Saint Leo with a double concentration in special education and elementary education. She is a member of Gamma Alpha Honor Society and has a 3.51 grade point average.

A member of the Residential Hall staff in Henderson Hall for the past two years, she has also been actively involved in Campus Ministry and has been the Coordinator for Music Ministry for three years, as well as volunteering as a group guide for retreats held at the Abbey Pilgrim Center since 1978.

The 1978 graduate of Dixie Hollins High School is a member of the Council for Exceptional Children; is a member of the Women's Volleyball team this year; and his performed volunteer work at the Hope Training Center as well as providing music for the Baccalaureate Masses since 1979. She also volunteered for the Special Olympics in 1980-81 and for this year and has been active in the Greek Festival this year and the Renaissance Festival last year.

The six queen contestants met during a candlelight dinner with a Queen Selection Committee comprised only of Saint Leo alumni and were selected by secret ballot.

The pre-game parade was led by **MS. MAURA SNYDER**, Associate Professor of English, as Parade Marshall, an honorary position voted upon by the members of the Alumni Homecoming Committee, and the organization to win the Alumni President's Trophy for the best parade entry was the International Club whose entry was entitled "Out Of Many We Are One"

Dr. Robert Ackerman, Vice President of Student Affairs, was presented with a color portrait of Mrs. Hazel Whitman, Social Coordinator at the College from 1963 until her death on July 9, 1981, by Kevin S. McGeehan '76, Vice President for Classes, representing the Alumni Association. The portrait is by Joseph D. Geiger, Professor of Art, and will hang in the McDonald Student Center.

Scholarship Bank Announces New Scholarship Grant Programs For 1981 Academic Year

Now is the time for students to apply for new scholarship and grant programs available through private sources, according to The Scholarship Bank.

Director Steve Danz announced today that several new programs were accepting applications for the 1981-82 school year. Among the new programs:

BPW Foundation: Offers financial aid for the "non traditional female student" in any field. A number of the available scholarships are for older students who have been out of school for a number of years.

Exceptional Student Fellowships: This nation-wide undergraduate scholarship program offers aid in accounting, pre-law, math, engineering, computer sciences and business-related fields. The donor has also indicated a number of summer job opportunities.

According to the director, the new limitations on federally-funded financial aid make it mandatory for students interested interseted in private funding to apply early. The Scholarship Bank specializes print-out of the private, off-campus and non-governmental financing sources available. There is a modest fee for the service. Students desiring further information and a questionnaire to key into the data bank of over 25,000 sources should send a stamped, self addressed envelope to: Scholarship Bank, 10100 Santa Monica Blvd., #750, Los Angeles, CA.90067.

Governor's Internship Program Looking For Applicants

Gain valuable experience, obtain college credit and receive $1000 while taking an active role in Florida's government.

Representatives from the Governor's Office will be at the University of Central Florida on November 3 to conduct interviews. Call area code nine zero, four, four eight eight-two eight one seven to schedule an appointment. Or stop by the Monarch Office and pick up an application form.

When did the Governor's Internship Porgram begin?
November 1978.

Who is eligible?
Juniors, seniors and graduate students either attending a Florida university or retaining Florida residency. A "B" average is strongly recommended.

How are students selected?
Students are selected by an interview screening process which consists of two interviews with the Governor's Office Staff. The first interviews are conducted at convenient locations near your home university.

What academic interests are encompassed in the program?
A wide range of interests including such areas as History, Government, English, Public Administration.

Where do students work and how long are the internships?
All placements are located in Tallahassee within various units of the Governor's Office. The internship program parallels the academic calendars of Florida colleges and universities.

What types of positions are available?
Positions are in offices such as Cabinent and Legislative Affairs, Planning and Budgeting, Minority Affairs and the Energy Office.

Can participants in the program receive academic credit?
Yes, college credit can be obtained on an individual basis at the college discretion of each university based on departmental requirements. Also, some students do attend class.

Is there any compensation for work as an intern?
Yes, students receive a stiped of $1000, issued directly to the intern during the semester to help defray tuition expenses.

Where do I inquire about the Governor's Internship Program?
Write: The Governor's Internship Program
The Capitol
Tallahassee, Florida 32301
Or call (904) 488-2817

Sadat's Assassination Discussed On "Kaleidoscope"

By Joy Shepard

SAINT LEO FL.-The impact of the assassination of Egypt's President Anwer Sadat on the Middle East was the topic of discussion on the October 25 "Kaleidoscope" program which aired over WTVT. Channel 13, at 8:30 a.m.

DR. JOHN J. McTAGUE, JR., Associate Professor of History at Saint Leo College, who traveled to Egypt this summer, gave his viewpoint of the political situation in Egypt at that time, enhanced by his expertise in Middle East history.

McTague holds a Ph.D from the State University of New York at Buffalo, a Master of Arts degree from Fordham University and a Bachelor of Arts degree from Siena College and has been a member of the faculty at Saint Leo College since 1976.

Program moderator, Charles Hampton, delved into Sadat's personal career as President of Egypt, the open relations policy of Egypt with Israel, the impact of Sadat's assination and how it may have affected the sale of AWAC planes by the United States to Saudi Arabia, and other pertinent issues with Dr. McTague.

Letters Policy

The **MONARCH** welcomes letters to the editor on all topics. Letters, triple-spaced and less than 300 words in length will receive primary consideration. Libelous statements and those in poor taste will not be printed. Every letter must include the author's name, signature and **College** classification. Names will be withheld on request.

Bulletin Board

A Saturday bus service from Saint Leo College to Tampa has been announced by Saint Leo Security. The first trial run will be on Saturday, October 31, at 10:00 a.m., 2:00 p.m., and 6:00 p.m., with the bus leaving from Security and Marmion and Snyder dorms. Drop off points will be at Tampa Bay Mall and University Square Mall.

Security warned that, "for this service to be a weekly event, it has to be self supporting. The students must utilize it in order for it to break even." The cost of the venture will start out at $4.00 per person, round-trip. The more people who use the service, the more the price will go down. Security has estimated the cost could go down to $1.00 per person if the three Satruday bus dervices are full bus loads.

Students will also be able to hook up with the city transit from the University Square Mall to the downtown Tampa area.

Commentary

• Editorials • Letters • Columns

Guess Who Got Ripped Off?

Editor's Desk

By Theresa Schretzmann
Monarch Chief Editor

If you go into the Old Gym Student Complex, you'll notice that the vending machines are out of order. One machine has had its glass shattered by some inconsiderate stealer, who decided to snack out at every other student's expense. "My expense," you ask? Yes, your expense allright.

When S.G.A. put those machines in last year, it was with the stipulation that the machines would stay in only as long as they were not vandalized. Since S.G.A. used the students' money to put those machines in, guess who got ripped off? Yes, you've guessed it....yours truly.

Whoever the furtive, lightfingered, jerk was, they have definitely fixed it for everyong else. Because of their lack of respect for property rights, (of the company who owned machines and our money which funded their inception here on campus) this has resulted in the decision to have the machines removed out of the complex, and off campus.

The Student Government Association cannot be blamed for the decision to take the machines out of operation. Only the stupid moocher, who took it upon theirself to filch ten measly candy bars, can be condemned.

There is a saying, "One bad apple doesn't spoil the whole bunch." That much may be true, however, one bad apple can spoil it for the whole bunch.

Credit Due To Fire Department

Monarch Chief Editor,

Upon reading the Monarch article dated Oct.23, 1981 regarding the "Bomb Scare", I would like to add that not only did the Saint Leo Security respond to the call, but also the "San Antonio Fire Department."

I am sure that if the members of the Fire Department read the article (which they probably will) they would feel very much at ease, if this information was brought to their attention.

Come on, lets all be somewhat realistic, and give some kind of credit to those who also deserve it.

Sincerely,
"I" who was there

Fire Not Something To Joke Around With

Editor,

As everyone knows, fire is very dangerous. Smoke inhalation can knock a person out in minutes and eventually kill them. The flames of a fire can fry the hair off your body. Fire leaves scars, deformities, and pain. Fire is not a joking matter. If you know someone whose house has burned down, or knew someone who had died in a fire, you would soon realize the seriousness of the issue.

There are people who think it is fun to pull fire alarms or start fires. But what is the joke here? Making someone remember their house going up in flames or seeing their best friend lying in a hospital bed because someone set a fire, is that a joke? Fire alarms were invented to warn people of a fire and to get them away from the area quickly. They were not invented to be a practical joke, or something to break the monotony of college life.

If one still thinks fire is a fun subject, then consider this: Saint Leo College has a minimum sentence for arson or arson associated endeavors. These sentences are: disciplinary probation, being formally written up, and the maximum sentence-being kicked out of college.

The local police will impose a jail sentence with a maximum of thirty years in the Florida State Penitentiary. How would one explain that to one's parents? Remember, fire is not something to joke around with,and neither is the administration.

Signed,
Ben Wallander

Letters

Bomb Scare "Mishandled"

Dear Editor,

I think that the bomb scare at Marmion-Snyder a couple weeks ago could have been handled better by our security office. I realize that something like that never happened before, but is no excuse. There should be a plan to put all the girls in either Villa or Priory or split them up and send one group to Villa and one group to Priory. The night the bomb scare occurred it was very cold and windy outside. Alot of the girls were forced to leave their rooms in their robes with no shoes on. Some had been in the shower and their hair was still soaking wet. I am very surprised that the girls didn't catch a cold standing outside, through out the whole incident. I think the next time something like this happens security should either do one of two things; either make the search of the building alot quicker, (it took them three hours), or have a definite place for all the girls to go.

Signed,
Mary Ann DeMeo
Monarch News Editor

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The MONARCH

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The MONARCH office is located in the Old Gym. Correspondence may be sent to P.O. Drawer 1, St. Leo, Fla. 33574 or phone (904) 588-8200 (ext) 355).

OPINIONS

By Devorah Elcock

Do You Favor A Return To The Military Draft?

Christine Turnquest
Senior
"No, I wouldn't favor it. People should have a choice in the matter."

John Simpson
Senior
"Yes, it's very important for the country. We need to uphold the interest's of this country."

Javier Wolter
Junior
'If necessary, it's allright; if used to practice killing people, no."

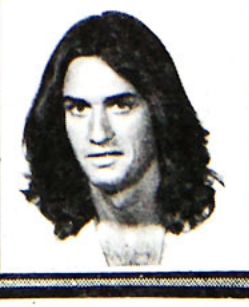
Diane Becker
Senior
"Only if it is absolutely necessary, like in case there was a threat of war."

John Lombardi
Junior
"Yes. But they should have a good reason for the draft."

Karen McCutcheon
Junior
"If war is evident, I favor the draft.

Cindy Evans
Senior
"I would favor it, but only if it is necessary."

Kevin Casey
Junior
"Yes. I believe you should stick to your country."



Is There A Draft In Your Future?

Can you feel the draft breathing down your neck?

The Central Committee for Conscientious Objectors warns that the reinstatement of draft inductions may be closer than you think.

"The resumption of draft registration for 18-year-old males makes it very important that all Americans think through their beliefs about the problems of war and the draft," said Larry Spears, Director of CCCO's Youth Campaign.

Also, the Supreme Court ruled on June 25 that registering men but not women for the draft does not violate the U.S. Constitution. According to Prof. Peter Goldberger, an attorney and teacher at the Villanova University School of Law, Villanova, Pa, "This decision brings us a step closer both to prosecutions of non-registrants and to resumption of draft inductions." The exclusion of women from registration will make if easier for Congress to reinstate the draft.

One consequence of the Court's decision, commented Goldberger, is that it should remove any doubts that anyone may have had about the close connections between registration, a "real draft", and mobilization for war.

"The position argued by the government's lawyers and adopted by Justice Rehnquist flatly contradicts the bland public relations statment of Selective Service that registration and "the draft" are altogether different propositions," said Goldberger.

During the oral argument of the case, Solicitor General Wade H. McCree, Jr. admitted that "you can't separate" the questions of registration and the draft. The Court described registration as "the first step 'in a united and continuous process designed to raise an army speedily and efficiently.' "

CCCO is also concerned by what it perceives as President Ronald Reagan's retreat from his 1980 statement of opposition to draft registration.

"The increasing likelihood of a draft," said Spears, "is causing concern for a growing number of high school and college students."

With the elimination of the student deferment in the mid-70's, the classification available to the greatest number of young people is conscientuous objection. A conscientious objector is someone who is opposed to participating in war on the basis of deeply held moral, ethical, or religious beliefs. During the time of a draft, anyone recognized by their draft board as a conscientious objector would then serve two years doing alternate civilian service.

Spears stated that over 27,000 draft-age individuals have already registered with CCCO through its conscientious objector card. "These cards are available, free of charge, from CCCO, P.O. Box 15796, Philadelphia, Pa 19103. they simply state 'Because of my beliefs about war, I am opposed to participating in the military.' "

"The usefulness of this card," commented Spears, "is that it provides a record of an individual's opposition to war. This COcard will help to demonstrate to the military that hundreds of thousands of young people will not serve in the armed forces. Support for conscientious objection, along with the large number of non-registrants and the vocal ANTI-DRAFT MOVEMENT MAY HELP TO DETER Congress from establishing a peace-time draft."

CCCO was founded in 1948 as the Central Committee for Conscientious Objectors and has served continuously since then as a national, non-profit agency counseling young Americans facing the prospect of military service, and those already in the military.

Letters

Get Ready For Thanksgiving Food Drive

Editor

During the month of November, Saint Leo College will be focusing on the annual Thanksgiving Food Drive.

In cooperation with Campus Ministry; Student Government Association, fraternities, sororities, organizations and the Abbey Priory plan to exceed 33 baskets which was the total for last year's drive. Those baskets were distributed to the surrounding areas of the campus, to needy people, in order to show Christian spirit by encouraging all to participate in a Christian activity.

"The primary purpose of the college is to provide opportunity for students, through interaction and inquiry, to acquire a liberal education and there by come to understand themselves, their relationships with others, with the world and with their creator," (Saint Leo College Catalogue, 1981-1982. Page 13).

All organizations, staff, faculty and administration on campus, have received a letter giving more explicit details. I encourage everyone to get involved by setting a good example. If an organization, dorm, fraternity etc. did not receive a letter, stop by the Campus Ministry Office to pick up your letter and always remember, Mathew's gospel for all Christians, "Let your light shine before men, that they may see your good works, and glorify your father which is in heaven."

Signed,
Joseph Morley □

From The Office Of Senator Lawton Chiles

Spraying paraquat to destroy maijuana crops in Colombia and other foreign countries, using U.S aid to do so, has been approved by the Senate.

The provision, reversing a prohibition against such support that has existed since 1978, was initiated by U.S. Sen. Lawton Chiles of Florida and made a part of the foreign aid authorization bill passed last night by the Senate.

Many law enforcement officials have called paraquat spraying a key to gaining control of the massive drug smuggling industry that has overwhelmed the state of Florida.

Chiles agrees.

"The most effective means of stopping the drugs is at their source," he said. "Any enforcement strategy that does not include an effort to cut off the drug supplies in producing countries such as Colombia is doomed to failure."

Chiles' legislation also requires the federal Department of Health and Human Services (HHS) to monitor any spraying program for health effects. The prohibition was imposed because of fears that sprayed Mexican crops might be health damaging to users in this country.

Sen. Chiles cites federal studies by the Department of Health, Education and Welfare (now HHS), the Department of Agriculture and a United Nations Narcotics Laboratory study group as proving negligible effects.

"The real damage is coming from the crime and corruption caused by smuggling and the health risk resulting from increased use of more and more potent marijuana," he said.

Pro And Con

By Jan Polack
Monarch Assistant Editor

Should The Draft Be Reinstated?

PRO

Edmund J. Lachance-Director of Educational Services; Assistant Professor of Sociology

LOVE, YOUR COUNTRY

CON

Charles L. Fisk, Jr.-Assistant Professor of Business

I am in favor of having a draft system in the United States. The protest of the 60's; the disenchantment of the American people concerning Viet Nam; and the general social unrest of the era caused many changes. One major change was the elimination of the draft system. Justified or not, eliminating the draft system did serve to pacify the American people. Now, as world events seem to move towards "who's carrying the biggest stick", we have to accept the fact that there is a need for highly qualified personnel to meet the demands of leadership. The only way we can obtain individuals is through a draft system. Ideally, we could become isolationists and not concern ourselves with what other countries are doing, but we all know that our direction at the moment will not permit us this luxury. Under the current volunteer system we are not attracting individuals with potential expertise. What alternative do we have? If we are to remain a powerful Nation, we need qualified manpower as a deterrent factor.

Having lived in numerous foreign countries, I become aware of the importance of living in America and being an American. I, for one, advocate "Freedom at all cost". I like the way we live, the ability to make our own choices and the opportunity to travel freely, to mention only a few freedoms. In order to retain these advantages we must ask ourselves: "Do I have a responsibility to my country?" Freedom and responsibility are two sides of the same coin. You can't have one without the other. One way to serve our Nations' needs and fulfill our responsibility for living in a free country is through military service.

At issue is the question concerning the method which military manpower requirements are to be met. Either we draft individuals or induce them to enlist by offering sufficient rewards (i.e. wages and benefits) in the labor market. For several reasons, I prefer the latter of these two choices.

First, assuming some given level of manpower, a draft shifts some of the real burden away from taxpayers and onto the individuals drafted. From an economic perspective, being drafted implies that one is forced to forego a better alternative. Higher wages could be offered, thereby meeting any enlistment quota. The difference between the wages paid draftees and the higher wages necessary for inducing voluntary enlistment represents a real loss for those drafted. By the same logic, government pays higher wages than necessary, therefore, qualified applicants stand in line for the jobs.

Second, the market approach offers more flexibility. By manipulating wages and benefits, new entrants can be attracted to, or existing personnel can be retained in, any specific component of the military labor pool. If the ready reserves require beefing up, increase the incentive; if skilled technicians are leaving increased incentives will retain them.

Third, a draft requires that arbitrary criteria by established as a basis for eligibility. Questions concerning sex, age, physical and mental condition, religious preference, etc. must by answered; the criteria finally chosen must necessarily by discriminatory. Recall the many loopholes in the draft system in the past.

Finally, the market alternative is more consistent with the ideals of a free society. Voluntary choice, rather than governmental force, better serves these ideals.

Student Profiles:
Sandy Zbylut and Theodore Sherman,
Students On The Move

By Mary Nahas
Monarch Reporter

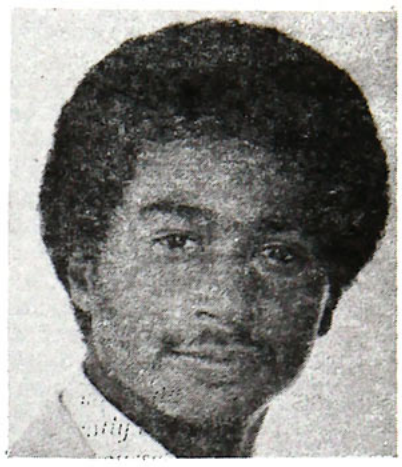
There are a large number of students who have helped the college without even being noticed, among them is Sandy Zbylut. Sandy is a sohpomore, and well-experienced, since she strongly participates in student activities. In her freshman year, she was a cheerleader, a S.G.A. senator, and also a member of the Judicial Board. This year, Sandy is still a cheerleader and a S.G.A. senator, but she is also on the Publication committee, the S.G.A. spiritual committee, and the Sophomore class committee, as well as a little sister of Sigma Phi Epsilon.

Although Sandy seems to be so active, she contantly keeps changing her residence since her father is in the Air Force. She had been through eight different schools from kindergarden through twelfth grade; she has lived in twelve different houses, but hopefully she plans to stay and graduate from Saint Leo College. Last year, Sandy's residence was London, and this year Sandy's residence is New Mexico. In addition, Sandy's G.P.A. is 3.45. This shows that not only is she charming and active, but she is also a good student. Sandy commented, "I am an Air Force brat through and through."

Sandy helped the Sophomore Class committee by planning the early steps of the Turnabout Dance. This year, she will also help the S.G.A. spiritual committee with the Halloween Candy Drive and the Thanksgiving Drive.

When asked how she is helping the school spirit of our college she answered, "I feel that I am contributing to the school spirit by cheerleading and getting involved with other activities."

The advice she gives to other students is to: "Set your priorities straight, but leave some time for yourself."



By Paul Symonette

There is something proper yet decisive in the movements of Theodore Sherman. The way in which the short, stacked, black-curly haired young man struts across the campus, a deep expression dented in his caramel face as he swings those books of his; then there is the clear projection of his words, and that caution before he puts pen to paper in a test, thinking good and hard before writing with an assured but gentle hand.

It is his hands, which one day he hopes to use at their fullest, as a doctor, after having earned all the credentials necessary for that vital role in society today. It is evident then, in all said, that Theo Sherman is a fine example of one taking advantage of opportunities offered him to reach his rainbow in the sky.

The 21 year old, born in Sneads, Fla., up in northern Florida, got his education at the local Sneads High School. He made sure of sweeping up his basic diplomas, before coming to Saint Leo's, where he is now in his fourth and final year, before going on to grad school in his continuous search in the field of medicine.

"Why medicine?"

"It is difficult for me to name any particular event that might have stimulated my interest in the study of medicine. This has been an interest and lifelong goal of mine, since I was a very small child," he quipped positively, with a stiff turn of his mouth.

No doubt, he has kept himself busy as a bee in campus activities. Besides surviving on the Dean's List with a 4.00 average since his arrival and thus earning his name in the Gamma Alpha Honor Society, he has served as a tutor for the society. Theo made Who's Who in American College and Univ. (80-81), was Outstanding Student for that year, was Treasurer of Lambda Chi Alpha Fraternity (80-81) and Secretary, Intra-Fraternity Council (80-81). Two of his other achievements were President, St. Edward's Dormitory Council for the second sememster of 1980 and his present status as a member of Circle "K" Club.

With effort and energy put forth into things such as those, it will come as no surprise when this student on the move makes it to that rainbow in the sky. Good luck, Dr. Kildare!

Campus Ministry Update

On October 30, 1981, the Campus Ministry will have a "Midnight Madness Ice Skating Party" at the Crystal Palace Ice Skating Rick. Students participating meet at 6:30 p.m. in front of Security. From 7:15 p.m. to 9:30 p.m. they will stop for pizza and then from 10:00 p.m. to 12:00 midnight they will ice skate at the rick. The event promises to be alot of fun for everyone there.

On October 17, 1981, Campus Ministry hosted the South Eastern College Choir from Lakeland, Florida. Although the choir lost their music, which was on tape, they filled the atmosphere with a beautiful sound. The choir sang so beautifully without their music, one could imagine how terrific they would have been with it. Campus Ministry hopes to have them back again. Campus Ministry was a smashing success on October 25, when they provided the music at the mass for parents and alumni on that Sunday at 10:30 a.m.

By Mary Ann DeMeo
Monarch News Editor

A Night On The Town

By Dan Maguire
Special Interests Editor

My assignment for this issue was to be a critque of the "Oresteia." In my infinite wisdom I planned to see the last show beofore deadline. They don't call me "ace" for nothing. That performance would have been Saturday night. However, mother nature intervened and the play was cancelled.

Actually the rainout was a wet blessing. What I know about Greek tragedy is quite underwhelming. Now I'll have time to learn everything there is to know about ancient Greece, and do a review of the play next week.

Only one problem though I didn't have anything to submit for this issue and since I turned in no story last week I knew the ice was getting thinner.

I made quick decision and determined that I would review something else. Surely there is something out there that needs reviewing, I thought. But what?

I considered going to the movies but I just couldn't justify spending three and a half dollars to see Burt Reynolds get somebody pregnant.

Next, I checked the local newspapers to see if there was an art show, or possibly a ballet, happening in Dade City. All I found was a meeting of the Rod and Gun club and my instincts told me that I wouldn't be welcome there.

You would have to know my editor to understand how desperate I was becoming.

Finally, it came to me; a message from beyond. The message said, "go get drunk." Well I had received this particular message before but this time I knew it was different.

This time the message was telling me to go to the "Establishment" and review it for the newspaper.

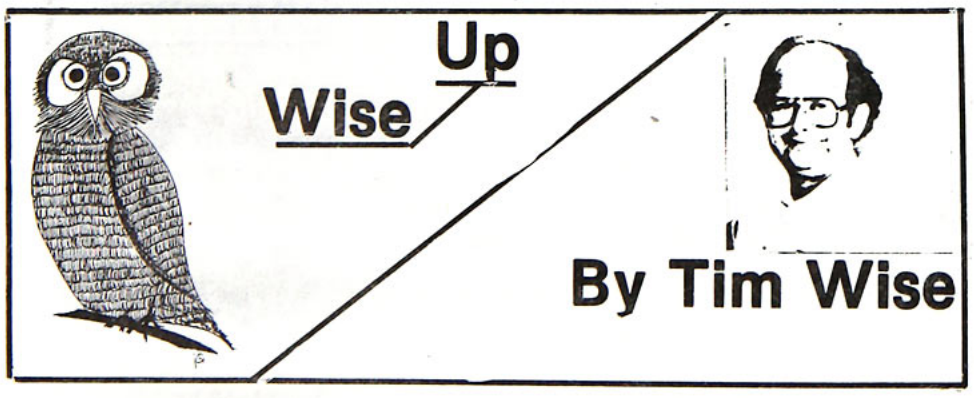
For those of you who don't know the "Establishment" is a new bar in San Antonio. It's across the street from Ronnies and next door to Lucky's. When I arrived it was 8:30 and I had no trouble finding a place to sit, if you know what I mean. But by 11 o'clock the joint was jumping and everybody was having a good time. Everybody but me, that is, I was diligently at work "reviewing" the place.

The first thing I noticed was, of course, the decor. It is a mixture of natural wood and beer signs. Nothing unique, but done with taste. The drink menu is limited to wine and beer. This posed no problem to me and from what I could see it didn't hamper the other patrons.

Food, if the term is used loosely, is available from Lucky's.

By far the best feature of the Establishment is its live entertainment. The band playing Saturday sounded very good but there was a problem. At one point I attempted conversation with a girl that I really wanted to talk to(if you know what I mean.) It was all for naught though, because the music was much to loud. Crank it down guys and I guarantee you'll have a hit on your hands.

All things considered, especially the relative age of the Establishment, the owners have done a nice job. On a scale we are all familiar with, I give it a B+.



We all agree that we each need to relax. Students in school will tell you that they very rarely have time to relax what with papers, quizzes, and tests. If you don't relax, then you will likely become tense, anxious, irritable, depressed, and tearful. You may lose your appetite and gain a nervous stomach. Who knows, maybe you too will be the proud parent of a beautiful, bouncing baby ulcer.

So, when should you relax? I suggest that you pick certain times of the day, such as when you first wake up. Never jump out of bed--take time to "center" yourself. Before meals and at bed time are also good times to relax. If you have trouble falling asleep, simple relaxation techniques might be helpful.

Following is a list of suggestions to aid in relaxation:

1. Find a quiet place with no interruptions.
2. Get comfortable. Lie back on a good chair, couch, bed, or carpeted floor.
3. Close your eyes.
4. Begin breathing deeply.
5. Hold each breath for a moment, and then exhale.
6. On each exhale, say to yourself the word "RELAX" (repeat several times).
7. Begin to picture a peaceful and CALM body of water--concentrate and picture yourself there.
8. Imagine the warmth of the sun on your body.
9. As you do this, other thoughts and worries will leave your consciousness.
10. Continue this process until you feel at ease.

This technique is much like meditating. As you do this relaxation technique, you will come to feel better and more able to continue for the rest of the day. I also find that if done before bed time, you may experience more restful sleep.

If you feel the need for help in learning to relax, come by my office and we can go through the process together.

Take care and
Have fun.

P.S, A good back rub helps, too!

*(Tim Wise is the Director of Counseling here at Saint Leo College).

Knights News

By Joseph Morley
Features Editor

On October 22, 1981, seven young men received the first degree for the Knights of Columbus. This degree took place in Lakeland with Saint Leo College being represented in the majority compared to the other council candidates present there. The following received the first degree: Henry Nadeau-Freshman, from Holy Name Priory, a Pre-Law/Business Major, Daniel Carp-Junior transfer, from Nativity Parish, Pre-Med Major, Bill Lacombel- Freshman, from Corning New York, History major, George Cand-Sophomore transfer, from St. Mary's Parish, Business Management/Marketing major, Mike Venech-Freshman, from Waldwick HIghschool in New Jersey, Business Management Major, Joe Zieser-Freshman, worked as Parish Council Organizer, an Accounting major, Brother Vincent R. Minton-O.S.B. Monk of Saint Leo Abbey, Abbey cook and full time student at Saint Leo. Any young catholic male who is interested in joining should see Joseph Morley Grand Knight or any of the members listed above before the second degree which takes place next month.

During the past week the Knights made a favorable impression upon the college students and administration by representing themselves at the first degree held in Lakeland. Chaplin Abbot Fidelias-financial secretary, Brother Jonchim-Deputy Grand Knight, Miek Karan and Grand Knight Joseph Morley were in attendance, plus the various officers from the state of Florida, Knights of Columbus.

Recently the Knights opened with a mass on October 18, in the Abbey. On Wednesday, October 21, they received first degree at Lakeland and Friday, October 23, assisted the clean-up of the Greek Festival. Saturday, October 24, they set chairs up for the Parent/Alumni Homecoming Mass. On Sunday, October 25, they served as ushers for the Parents/Alumni Homecoming Mass, and cleaned up the church afterwards.

As the Knights grow in numbers, their message and activities continue to be felt among all at Saint Leo.

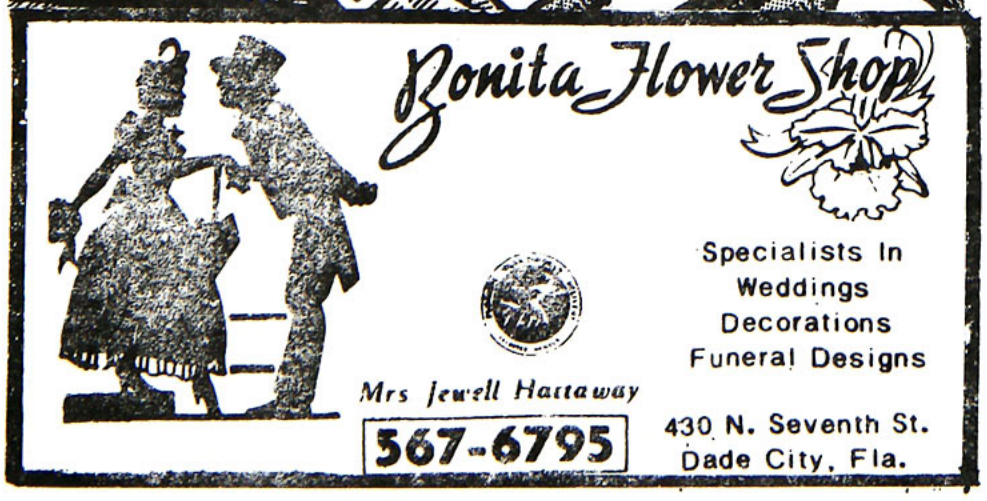
Greek Corner

By
Michelle Dodds

What do the words Pooh-7, Little Mo, and Trip, all have in common? They are all nick-names for sisters in a sorority. Gloria, "Little Mo" Cortes, one of the sister's of I O E, (Psi Theta Epsilon), explains the origin of the nicknames of her sorority sisters.

Gloria's nick-name was given to her by her highschool tennis coach, who took the name from Maureen O'Connolly, who was one of the youngest players in Wimbledon. It followed her here to Saint Leo's, where it caught on quickly. One of here sisters, Ann Crowley, is nicknamed "Slick", as well as "Pooh-7". The first name coming from Ann's father and the second name "Pooh-7" was given to her because she hugs like a bear, and 7 is her lucky number. Diane Becker, another sister, is called "Di" because it is a short version of her name. Kelly Keefe is called "Chatty Kathy" because she is a friendly person and she likes to talk. JoAnn Criscola's nickname is "Mario", she recieved this name from an alumni of I O E, because she is a crazy driver. (Mario Andretti)Jeannine "Chin-Chin" Rojer got her name from the Aruban word meaning "Cheers". Donna Buscemi is called "Buttons", because she is as cute as a button. Ann DuBeau is simply called "Bo" to shorten her name. Clara "Road Runner" Lanblena is called by her particuler nickname because she can run very fast. Karen Scarey is known as "Pop" because of her curly hair, Donna Cusamano is refered to as "Trip" because "she is always out of it". Eileen McGlinchey, because she is very smart, is called simply "4.0" and , Barbara"Babs" Casciola is called "Babs" because Barbara is hard to say in a hurry. If you keep an eye out, you just might see these names emblazoned on the back of purple and gold jerseys.

Monarch Ads



New Researcher Hired At Saint Leo College

SAINT LEO, FLA.-PHYLLIS Y. EDAMATSU began on October 12 as the Director of Institutional Research at Saint Leo College, it was announced by College President, Dr. Thomas B. Southard.

Ms. Edamatsu has been the Institutional Research Analyst at Arizona Western College for the past two years and has ten years experience in the field of research, statistics and planning with the Arizona Departments of Health Services and Transportation as well as the Salt River Project prior to that time.

She holds a Bachelor of Arts degree in psychology from the University of Arizona and a Master of Counseling degree in counseling psychology with emphasis on statistics and research included from Arizona State University. In addition, she has completed coursework in database management.

A member of the Association for Institutional Research, Arizona Coordinating Council on Resource Development and the American Society for Public Administration, she is filling the unoccupied position vacated by Dr. George Kuehn who was named Chairman of the Division of Education and relinquished the responsiblities a year ago.

Group Meets To Discuses Discernment

By Mary Ann DeMeo
Monarch News Editor

A group of girls met with Sister Mary David of Holy Name Priory on Wednesday, October 21, to discuss discernment. In discussions of discernment there are two assumptions: One must have knowledge of God and one must have a faithful attitude. The knowledge of God comes from the Bible and one should study it and pray over it. Discernment is a gift of the Holy Spirit one applies to everyday life and problems. In other words, discernment is a decision making process. If God wants one to do something, then one will do the right thing. One has to search out what the decision was meant to be and should listen to the Holy Spirit. Discernment is the process of separating God's voice from human wishes and desires. Everyday life experiences are supposed to lead us to knowledge of God. There are two places where God makes himself known; the Bible and our inner-selves. There are two steps to discernment: 1) Prayer to dispose, disciplined prayer of life. One should pray that they will make the right decision. 2) Data gathering-one must gather data about the choices and one must do one's part for the Holy Spirit.

There must be two or more choices to make a decision. It is ultimately one's own decision. Discernment is the testing of our choices by walking with God praying to him. One should make a pro-con list for each choice and then decide which one is the more logical. The last step in discernment is confirmation verification. This means our decision must be within the principles of scripture or Church and it must be one that brings peace to ourselves and what God wants us to be.

Faculty Works Displayed at Saint Leo College Art Show

By Joy Shepard
Public Relations Director

SAINT LEO, FL.-The Fall Faculty Art Show opened at Saint Leo College on October 27 and ran through October 30 in Duncan Lounge, McDonald Student Center, from 10 a.m. until 4 p.m. daily.

JOSEPH GEIGER, Professor of Art, had drawings and prints on exhibit and KAREN PHILLIPS, part-time instructor of art, had watercolors on display.

The exhibit was open to the public and there was no admission fee.

Notes From The Nurse

HELP! HELP! HELP!

Are you having problems with your insurance claims not being paid?

Did you fill the claim form properly? Did you answer all the questions and sign it? Did you mail it?

A common complaint I receive from the insurance company is: They return the forms to you, the student, to be filled out correctly and returned to the insurance company. But, you do not return them! How can the claim be paid! I'll be glad to help you fill out the form and return it to the insurance company.

Help yourself and keep the insurance company, the doctors, and the hospitals happy--and, me too!

Charlene

HAPPY HALLOWEEN! FROM THE MONARCH STAFF

Sports

Soccer Team Defeates Oglethorpe University

By Edward Mansor
Sports Reporter

The Annual Parents/Alumni Homecoming Weekend saw the soccer team parallel R.O.T.C.'s presentation of ''techniques in manuevering'' only they used the ball as their deadly weapon.

Stephen Marter was first to poison the goal of Oglethorpe University. After a series of passes just outside of the penalty box, Marter finally made his eighth goal for the season with an assist by Mike Power. The defense of O.U. crumbled at the feet of the Monarch offensive players. Just four minutes later, Mike Sears scored his eighth goal for the season, after an excellent pass by Geno Montagno.

Oglethorge got their first ball in the net when Costas Tastatoulis took an indirect kick that was deflected off the shoulder of one of the Saint Leo players. The half-time score was three goals to one.

Both teams changed goals in the second half. Glen Frankovive, of Oglethorpe, was first to strike just nine minutes into the second half. With the score at three to two, and Oglethorpe looking more ambitious than ever, the Monarchs were in desperate need of a goal to insure victory. Victor Hutcheson, Hons Deelstra, and Brian Ramsey cut the opposition short and fed the offense with opportunities to score.

Mike Power, assisted by Patrick Baboun, got that all-important goal of the day ten minutes before the finish. The final score was four goals to two. With three games left for the season, the Monarchs will be going all out to make their record nine wins to four losses.

Karate Team Participates in U.S. Open Karate Championships

By Edward Mansoor
Monarch Sports Reporter

There are not many people on this campus who are aware of the presence of a Karate Club. Well, there is such a club. Instructed by Andrew Lyn, it has seventeen participating members. Classes are held twice a week, Mondays and Wednesdays in the Dance Studio between seven and eight in the evening.

On Saturday 24, three members of the club attended the 1981 U.S. Open Karate Championships held at the Bayfront Center in St. Petersburg. Andrew Lyn was the only one to compete however. When asked the reason for this, Lyn said that the members are still beginners and that their attendance was merely for experience.

Lyn was awarded ninth place from a field of 27 participants in the Japanese Black Belt ''Kata'' (form) competition. Kata is a form of Karate dance, involving preset moves which must be done with emphasis on focus, power, speed and agility. Last year Lyn placed eleventh in the same competition.

Lyn has been practicing karate for the past ten years and at present holds a second degree Black Belt. He has instructed for six of those ten years, three of which were under supervision. Lyn has been instructing karate here at Saint Leo since his arrival in Septmeber of last year. Anyone interested in becoming a member should attend the next practice session or contact Andrew in Henderson, #217.

The Karate Culb would like to apoligize for not being able to participate in this year's Alumni Homecoming Weekend presentation. This was due to the U.S. Open Championships held on the same day.

Monarch Soccer Team Bows To Biscayne, Shakes South Eastern College

By Edward Mansoor
Monarch Sports Reporter

The Monarch Soccer team, after their victory over F.I.T. on Friday 16, travelled to Miami in an attempt to settle accounts with Biscayne College. Biscayne had defeated Saint Leo two goals to one in the last eight seconds of the game at the Sunshine State Conference Tourament last month.

Biscayne was first to score. Eleven minutes forty-eight seconds into the first half, John Coyle (#13) beat goal-keeper Martin Conway to the far post. No other goals were scored in that half. but two good attempts were made by Monarch's Kenny Detz, one of them a header off a cornerkick from Mike Powers.

In the second half, Stephen Martel got the equalizer for Saint Leo. This status they maintained until the end of the regular playing time. The 20 minute overtime period, however, brought victory to Biscayne after John Coyle repeated his performance of the first half, scoring again with assistance by Mike Charlot. The Monarchs had to bow to Biscayne for the second time this season.

The monarchs played their next match at home. In their first game against South Eastern College, they began their crucifixion early in the first half. It was only minute 29 seconds after the start that Mike Sears following a pass by Ken Detz, bent a man and ''pumped'' a goal pass their goal-keeper. Geno Montagno, five minutes thirteen seconds later, added another to the score.

The first half score of 2-0 was boosted to 5-0 by the end of the game. Patrick Baboun, assisted by Steve Martel, scored the first goal of the second half, Duke Leoard the second, and Gary Gayle assisted by Patrick Baboun, the third.

''We can use those games once in awhile,'' captain Martin Conway said after the game. Only four shots were taken at Cinway during the entire game.

Coach John Swart commenting after the game also emphasized the necessity of such an encounter. 'We got some guys into different positions,'' he said. When asked about certain player he said, ''Duke and Peter are two of our hardest working players. As for Mike Barnette, he sees the game and he has some good runs.''

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FRANKLY SPEAKING ....by phil frank

"Maybe it will go away."

The five most dangerous words in the English language.

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